Apple Chutney

Apples are available all year round, but are especially delicious in the colder months! This topping is particularly delicious on pork chops or served with cream cheese and crackers!

Prep time: 15 minutes • Cook time: 30 minutes

Ingredients:
- 2 tablespoons butter
- 2 cups red onion, thinly sliced
- 2 quarts apples, diced and peeled
- 1/2 cup brown sugar
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup dried cherries, currants or raisins

Directions:
1. In a large sauté pan over high heat, melt butter in the pan.
2. After the foam has subsided add the onions and sauté until caramelized.
3. Once caramelized, add diced apples and brown sugar and continue to sauté until apples are tender, about 7 minutes.
4. Turn off heat and mix in cinnamon, salt, and dried fruit.
5. Serve with crackers, over grilled pork chops or with your favorite vegetable.

Serving Size: 1/2 cup (4 ounces)
Yield: 8 servings

Nutrition Information / Amount per serving:

<table>
<thead>
<tr>
<th></th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>148</td>
</tr>
<tr>
<td>Total fat</td>
<td>2.6 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1.6 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>6.5 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>0.7 g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>32.6 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.2 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>126.9 mg</td>
</tr>
</tbody>
</table>

For other great recipes, check out our cooking classes and cookbooks at www.nutritioncenter.colostate.edu

Photo by http://www.flickr.com/photos/lacatholique/8167952260/

Recipe of the Month – January 2014
©2014 ~ www.nutritioncenter.colostate.edu ~ 970.491.8615